

# **Uji Antibakteri Yoghurt Sinbiotik Terhadap Beberapa Bakteri Patogen Enterik**

## **Antibacterial Activity of Synbiotic Yogurt Against Some Enteric Pathogenic Bacteria**

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### **Abstract**

The term synbiotic is used when a product contains both probiotics and prebiotics. Probiotics, increasingly, are being added to dairy products such as yogurt. For maximum benefit, the bacteria should be viable. Prebiotic addition can stimulate the viability of probiotic bacteria, promote a healthy digestive system and reduce the growth of harmful bacteria. This research was conducted to find out the influence of prebiotic variety on antibacterial activity of synbiotic yogurt. Soybean, banana and tapioca were investigated on their abilities to promote antibacterial activity of synbiotic yogurt. The result showed that prebiotic variety have effect on antibacterial activity of synbiotic yogurt. Soybean flour was most potential to increase of antibacterial activity of synbiotic yogurt. The best antibacterial activity was shown by synbiotic yogurt stored for 20 days.

**Key words:** Antibacterial activity, synbiotic yogurt, prebiotic, probiotic

### **Abstrak**

Istilah sinbiotik digunakan pada produk yang mengandung probiotik dan prebiotik sekaligus. Probiotik semakin sering ditambahkan pada produk-produk susu, seperti yoghurt. Untuk mendapatkan manfaat yang maksimal, bakteri harus dalam keadaan hidup. Penambahan prebiotik dapat menstimulasi pertumbuhan bakteri probiotik, meningkatkan kesehatan sistem pencernaan dan menghambat pertumbuhan bakteri berbahaya. Penelitian ini bertujuan mengetahui pengaruh jenis prebiotik terhadap aktivitas antibakteri dari yoghurt sinbiotik. Kedelai, pisang dan tapioka diteliti untuk mengetahui kemampuan mereka dalam meningkatkan aktivitas antibakteri yoghurt sinbiotik. Hasil penelitian menunjukkan bahwa jenis prebiotik berpengaruh terhadap aktivitas antibakteri yoghurt sinbiotik. Tepung kedelai paling berpotensi meningkatkan aktivitas antibakteri yoghurt sinbiotik. Aktivitas antibakteri terbaik ditunjukkan oleh yoghurt sinbiotik yang disimpan selama 20 hari.

**Kata kunci:** Uji antibakteri, yoghurt sinbiotik, prebiotik, probiotik